

## **Stage Nine**

The race of truth is what they call it. Only you riding against the clock. No draft, no help, just you alone with the clock. Stages 9 and 10 will be the two most important stages for the race to the Yellow and Magenta Jerseys in the JMRS. Cottage Grove Wisconsin will have the privilege of being the first of the Time trials when they along with Mad City Velo host the Kirke Vei Time Trial. 20K is the distance where the winners need to come in near the 22 to 25 minute mark if they plan to have an impact on the Yellow and Magenta Jerseys, still up for grabs. With the Jersey competitions still up for grabs look for Lance "TT" Niles to break out with a sure victory and wrestle the Yellow form his teammate James Moore in what is turning out to be a two-person race form the same team for the Yellow. For the Magenta You cannot overlook Elmer Colyer or Chip Camillo.

For the ladies once again its Julie Phelps looking to take over control from Andrea or Mary Jarosz could put a stamp on her Yellow Jersey for 2009. Any way it should be a classic stage and will definitely lead into stage 10 in Hudson the next week.

## **Stage Ten**

If you missed out at Cottage Grove, then you can seek you redemption at Hudson for the Big ring Flyers TT Challenge. Stage ten's course is a bit longer than Cottage Grove at 18.7 miles, allowing riders to open up larger gaps over their rivals. With its 885 feet of vertical climbing, the best-prepared riders will do well on the course. Last year Dan Casper and Tim Mulrooney battled all over the course, only to be separated by 3 seconds. Look for Mulrooney to be back to try and regain the course record, which he always seeks at TT's. Lance Niles may have something to day about that though if on form Niles will rule the roost as he has done so many times in TT's. The last TT of the season should lock up the Yellow for Lance or James Moore for the guys and Andrea and Julie should take their battle right down to the final race of the season for their Yellow Jersey. If Elmer Colyer has good form he should be able to put some distance between himself and Chip Camillo as the two will look to continue their season long battle for naming rights of the magenta Jersey. Make sure you get out to see the Mississippi before heading back home and start making plans for the final race of the JMRS in Cleghorn.